

SMARTWIZ

GRADE 9 LIFE ORIENTATION EXAM

MARKS: 80

MARKS	

TIME: 2 hours

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

MYST PATHWORKS

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

This test consists of 8 pages, excluding the cover page.

SECTION A: DEVELOPMENT OF THE SELF IN SOCIETY **(20 MARKS)**

1. Explain the difference between **self-awareness** and **self-concept**.

(4)

2. Identify **two** challenges that teenagers may face during adolescence.

a) _____

b) _____

(2)

3. Suggest **two** positive coping strategies for dealing with stress.

4. _____

5. _____

(2)

4. Read the scenario and answer the questions:

Lebo has started high school and finds it difficult to make friends. He often feels left out and lacks confidence.

a) What emotional need is Lebo struggling with? _____

b) How could a peer support programme help him? _____

(4)

5. List **four** qualities of a healthy friendship.

6. _____

7. _____

8. _____

9. _____

(4)

6. What is the importance of communication in relationships?

(4)

SECTION B: HEALTH, SOCIAL AND ENVIRONMENTAL RESPONSIBILITY (20 MARKS)

1. Define the term **hygiene** and explain why it is important.

Definition: _____

Importance: _____

(4)

2. Identify **two** sexually transmitted infections (STIs).

a) _____

b) _____

(2)

3. What are **two** ways of preventing the spread of STIs?

a) _____

b) _____

(2)

4. Describe how **peer pressure** can lead to unhealthy lifestyle choices.



(3)

5. Suggest **two** positive ways to deal with peer pressure.

6. _____

7. _____

(2)

6. Name and explain **two** effects of pollution on the environment.

a) _____

b) _____

(4)

7. How does recycling benefit your community?

(3)

SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)

1. What is the role of a **citizen** in a democratic society?

(2)

2. Identify **three** responsibilities of learners at school.

a) _____

b) _____

c) _____

(3)

3. Read the case below and answer the questions:

A teacher continuously gives boys more opportunities to speak than girls during class discussions.

a) What form of inequality is this? _____

b) How could the school address this issue? _____

(4)

4. What is the importance of celebrating cultural events at school?

Give **two** reasons.

5. _____

6. _____

(2)

5. List **three** basic human rights found in the Constitution.

6. _____

7. _____

8. _____

(3)

6. How can you show respect for human rights in your daily life?

(3)

7. What is **social justice**?

(3)

SECTION D: CAREERS AND CAREER CHOICES (20 MARKS)

1. What is the difference between a **skill** and a **talent**?

Skill: _____

Talent: _____

(4)

2. Identify **two** ways school subjects influence career choices.

a) _____

b) _____

(2)

3. Read the scenario:



Thando loves building things and working with tools. He also enjoys fixing electronics and solving problems.

- a) Suggest a suitable career for Thando. _____

- b) Name **two** skills he will need in that career.

1. _____

2. _____

(4)

4. What is the purpose of **career counselling**?

(2)

5. Identify **three** things learners should consider when choosing a career.

a) _____

b) _____

c) _____

(3)

6. Explain what **volunteering** is and how it can help with career development.

Definition: _____

Benefit: _____

(5)

TOTAL : 80

MEMO

SECTION A: DEVELOPMENT OF THE SELF IN SOCIETY (20 MARKS)

1.

- **Self-awareness:** Knowing and understanding your own feelings, thoughts, and behaviours. ✓✓
- **Self-concept:** How you perceive and evaluate yourself (your identity and self-image). ✓✓

2.

- Peer pressure ✓
- Hormonal changes ✓
(Other valid answers like academic pressure, body changes, etc.)

3.

- Exercise ✓
- Talking to someone (friend, family, counselor) ✓
(Other positive coping strategies accepted)

4.

- a) Need for belonging / acceptance ✓
- b) Provides emotional support, helps make friends, improves confidence ✓✓

5.

- Trustworthy ✓
- Respectful ✓
- Honest ✓
- Supportive ✓
(Other valid qualities like loyalty, kindness, etc.)

6.

- Helps to express feelings and thoughts clearly ✓
 - Builds understanding and trust ✓
 - Resolves conflicts ✓
 - Strengthens relationships ✓
-

SECTION B: HEALTH, SOCIAL AND ENVIRONMENTAL RESPONSIBILITY (20 MARKS)

1.
 - Hygiene means practices to keep oneself clean and healthy. ✓✓
 - Important to prevent illness and infection, maintain good health. ✓✓
2.
 - HIV/AIDS ✓
 - Gonorrhea ✓
(Other STIs like syphilis, chlamydia accepted)
3.
 - Use condoms ✓
 - Practice abstinence ✓
(Other correct prevention methods accepted)
4.
 - Peer pressure can influence teenagers to try harmful behaviours like smoking, drinking, or drugs to fit in. ✓✓
5.
 - Say no firmly ✓
 - Choose friends who respect your choices ✓
6.
 - a) Pollution causes harm to animals and plants, reducing biodiversity. ✓
 - b) Pollution contaminates water and air, causing health problems. ✓
7.
 - Recycling reduces waste, keeps environment clean, conserves resources, and creates jobs. ✓✓✓

SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)

1.
 - To participate in decision-making, respect laws and others' rights, and contribute to society. ✓✓

2.

- Attend school regularly ✓
- Respect teachers and fellow learners ✓
- Take care of school property ✓

3.

a) Gender inequality ✓

b) Teachers should give equal opportunities and promote fairness in class ✓✓

4.

- Promotes understanding and respect for different cultures ✓
- Builds unity and celebrates diversity ✓

5.

- Right to equality ✓
 - Right to education ✓
 - Right to freedom of speech ✓
- (Any other constitutional rights acceptable)

6.

- Listen to others' opinions respectfully ✓
- Treat everyone fairly and without discrimination ✓
- Stand up for people whose rights are violated ✓

7.

- Social justice means fairness in society, ensuring equal rights and opportunities for all. ✓✓✓

SECTION D: CAREERS AND CAREER CHOICES (20 MARKS)

1.

- **Skill:** Learned ability to do something well (e.g., writing, driving). ✓✓
- **Talent:** Natural ability or gift (e.g., artistic ability, musical ear). ✓✓

2.

- Subjects provide knowledge related to certain careers ✓

- Good results in subjects may be required for specific careers ✓

3.

a) Engineer / Technician / Mechanic / Electrician ✓

b) Problem-solving ✓

- Technical skills ✓

4.

- To guide learners in choosing suitable careers and planning their future ✓✓

5.

- Interests ✓
- Abilities ✓
- Job availability/opportunities ✓

6.

- Volunteering means offering unpaid help to others or organizations ✓✓
- Helps gain experience, skills, and network which support career growth ✓✓✓

TOTAL : 80