

# SMARTWIZ

## GRADE 10 LIFE ORIENTATION EXAM

**MARKS: 80**

MARKS	

**TIME: 2 hours**

**SCHOOL** \_\_\_\_\_

**CLASS (e.g. 4A)** \_\_\_\_\_

**SURNAME** \_\_\_\_\_

**NAME** \_\_\_\_\_

### Instructions for Learners:

- Read all the instructions carefully before you begin the exam.
- Write your name and learner number clearly on the answer sheet/booklet.
- Answer all the questions unless otherwise instructed.
- Show all your work/calculations where applicable.
- Write neatly and legibly.
- Use only blue or black ink. *Do not use correction fluid or 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 learners during the exam.
- Any form of cheating will lead to disqualification.

**This test consists of 8 pages including the cover page.**

## SECTION A: MULTIPLE CHOICE & VISUAL INTERPRETATION (20 marks)

Study the image below and answer the questions that follow:



1. What is this image trying to show about self-concept? (2)

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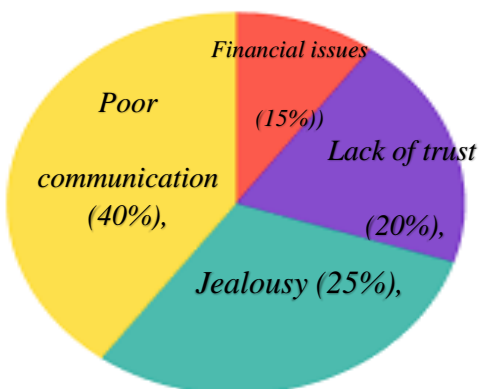
2. List any **two** positive self-concept statements shown in the image. (2)

3. Choose the correct answer:  
Which of the following best defines **self-esteem**?

- A) How much money you have
- B) The way you treat your friends
- C) How you value and see yourself
- D) Your physical appearance

**Answer:** \_\_\_\_\_ (1)

Now study the diagram below:



4. What is the biggest cause of relationship conflict in the chart? (1)

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5. Name two ways people can improve communication in a relationship. (2)

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6. Why is trust important in a relationship? (2)

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7. Choose the correct answer:

Which of the following is a sign of a healthy relationship?

- A) Jealousy
- B) Respect
- C) Controlling behaviour
- D) Isolation

**Answer:** \_\_\_\_\_ (1)

8. Give one example of how social media can cause problems in teenage relationships. (2)

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## SECTION B: SHORT ANSWER QUESTIONS (30 marks)

1. Define the term **human rights**. (2)

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2. List **three human rights** guaranteed in the South African Constitution. (3)

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3. Describe two **responsibilities** that go with the right to education. (4)

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4. What is the role of the **Public Protector** in South Africa? (2)

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5. Define the term **discrimination** and give one example. (3)

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6. Explain the difference between **equality** and **equity**. (4)

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7. Name two negative effects of peer pressure. (2)

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8. Suggest three ways to **resist negative peer pressure**. (3)

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9. Why is it important to be environmentally responsible? (2)

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10. List two things you can do at school to protect the environment. (3)

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## SECTION C: PARAGRAPH RESPONSE (10 marks)

Write a paragraph of **80–100 words** on the following topic:

"How knowing your rights and responsibilities can help you become a better citizen."

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## SECTION D: ESSAY (20 marks)

Choose ONE of the following topics and write an essay of 150–200 words.

1. Explain how peer pressure can affect teenagers' decision-making and suggest ways to deal with it.
2. Discuss the importance of self-respect and respect for others in building good relationships.
3. What role do young people play in protecting the environment and why is it important?

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**TOTAL : 80**

MAP

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MAP

## **MEMO**

### **SECTION A: MULTIPLE CHOICE & VISUAL INTERPRETATION (20 marks)**

1. The image promotes **positive self-concept/self-esteem** by encouraging affirmations or positive self-talk. (2)
2. Any two from the image:
  - “I am strong”
  - “I can learn”
  - “I am enough”
 (2 × 1 = 2)
3. **C) How you value and see yourself** (1)
4. **Poor communication** (1)
5. Ways to improve communication:
  - Listening actively
  - Speaking clearly and honestly
 (Any 2 = 2)
6. Trust creates safety and honesty in a relationship and allows people to feel secure and respected. (2)
7. **B) Respect** (1)
8. Example:
  - Posting personal messages or photos without consent
  - Misinterpreting posts or comments
 (Any valid example = 2)

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### **SECTION B: SHORT ANSWER QUESTIONS (30 marks)**

1. **Human rights:**
  - The basic freedoms and protections that all people are entitled to simply because they are human. (2)
2. Any three from the Constitution:
  - Right to education
  - Right to life
  - Right to equality
  - Right to freedom of expression (3 × 1 = 3)
3. Responsibilities with the right to education:

- Attending school regularly
  - Completing assignments
  - Respecting teachers and fellow learners (Any  $2 \times 2 = 4$ )
4. The Public Protector investigates complaints against government officials or services and ensures accountability. (2)
5. **Discrimination:**
- Unfair treatment based on race, gender, religion, etc.  
Example: Refusing to hire someone because of their gender. (3)
6. **Equality:** Giving everyone the same resources or opportunities.  
**Equity:** Giving individuals what they need to succeed, even if it means giving more support to some. (4)
7. Negative effects of peer pressure:
- Risky behaviour (e.g., drinking, drugs)
  - Loss of self-confidence or identity ( $2 \times 1 = 2$ )
8. Ways to resist negative peer pressure:
- Say no confidently
  - Avoid situations with pressure
  - Have supportive friends  
(Any  $3 \times 1 = 3$ )
9. Environmental responsibility is important because it helps protect natural resources for future generations and ensures a healthy planet. (2)
10. Actions at school:
- Recycle paper and plastic
  - Reduce littering
  - Start an environmental club  
(Any  $2 \times 1\frac{1}{2} = 3$ )

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## SECTION C: PARAGRAPH RESPONSE (10 marks)

### Marking Guide:

- Relevance and understanding of topic: 4
- Logic and structure: 3
- Language and grammar: 3  
(10 marks)

### Expected content may include:



- Knowing your rights helps protect yourself and others.
  - Responsibilities help maintain order and fairness.
  - Being informed helps learners make better decisions and participate in their communities.
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## SECTION D: ESSAY (20 marks)

Marking Rubric:

- Content and relevance: 10
- Structure: introduction, body, conclusion: 5
- Language use and grammar: 5

**Accept any well-structured, original response** that reflects understanding and insight into the chosen topic. Essays should demonstrate real-life awareness, practical examples, and sound reasoning.

**TOTAL : 80**

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