SMARTWIZ

GRADE 12 LIFE ORIENTATION EXAM

MARKS: 100	MARKS	
TIME: 2 HOURS		
SCHOOL		
CLASS (eg. 4A)		
SURNAME		
NAME		

Instructions for Learners:

- Read all instructions carefully before you begin the exam.
- Write your full name and student number clearly on the answer sheet/book.
- Answer all questions unless otherwise instructed.
- Show all your work/calculations where necessary.
- Write neatly and clearly.
- Use only a blue or black pen. Do not use correction fluid or tape.
- Electronic devices (calculators, cell phones, etc.) are not allowed unless explicitly permitted.
- Raise your hand if you have any questions.
- Do not talk to other learners during the exam.
- Any form of dishonesty will result in immediate disqualification from the exam.

This exam consists of Five pages, including the cover page.

SECTION A: KEY CONCEPTS (20 marks)

Define each of the following terms in your own words. (2 marks each)

1. Emotional abuse
2. Personal development plan
3. Conflict resolution
4. Social cohesion
5. Workplace ethics
6. Time management skills
7. Life skills
8. Resilience
9. Gender equality

10. Financial literacy



SECTION B: MULTIPLE CHOICE (10 marks)

Choose the correct answer and write the letter (A-D) next to the question number. (1 mark each)

- 1. What is the purpose of a **life skills programme**?
 - A) To teach academic content only
 - B) To prepare learners for real-life challenges
 - C) To improve physical fitness
 - D) To focus on sports skills
- 2. Which of the following best describes workplace harassment?
 - A) Constructive feedback from a manager
 - B) Unwanted behaviour making someone feel uncomfortable
 - C) Social events with colleagues
 - D) Professional training sessions
- 3. Which of the following is a benefit of **volunteering**?
 - A) Reduces your workload at school
 - B) Helps develop empathy and community ties
 - C) Guarantees a paid job
 - D) Replaces school attendance
- 4. Which skill is most important when **managing personal finances**?
 - A) Memorization
 - B) Budgeting
 - C) Speed reading
 - D) Public speaking
- 5. Which of these is an example of **positive peer influence**?
 - A) Encouraging a friend to study
 - B) Pressuring a friend to skip class
 - C) Gossiping about others
 - D) Ignoring someone who asks for help
- 6. What does assertive communication involve?
 - A) Avoiding conflict
 - B) Being honest and respectful about your needs
 - C) Shouting to be heard
 - D) Staying silent to avoid trouble
- 7. Which document outlines your rights as a learner in South Africa?
 - A) Labour Relations Act
 - B) The Constitution
 - C) Road Traffic Act
 - D) Copyright Act
- 8. What is the main aim of **peer mediation**?
 - A) Punish students who misbehave
 - B) Help conflicting parties find a solution

- C) Organize social events
- D) Manage exam schedules
- 9. Why is **self-reflection** important in personal development?
 - A) It wastes time
 - B) It helps identify strengths and weaknesses
 - C) It is done only by adults
 - D) It replaces studying
- 10. What should a learner do when facing exam anxiety?
 - A) Ignore it completely
 - B) Use relaxation techniques and plan revision

- C) Avoid studying
- D) Blame others



SECTION C: SCENARIO-BASED QUESTIONS (30 marks)

Read the scenario below and answer the questions.

Scenario:

Lerato is a Grade 12 learner preparing for her final exams. She also cares for her younger siblings at home because her parents work long hours. Lerato finds it difficult to balance school, family responsibilities, and her social life. She often feels tired and stressed but tries to stay positive.

Ouestions:

Quest	wiis.
1.	Identify two challenges Lerato faces. (4)
2.	Suggest two effective time management strategies Lerato could use. (4)
3.	Explain two ways Lerato can manage her stress better. (6)
4.	Discuss how Lerato's situation might affect her mental health. (4)

5. Name two support systems Lerato could access for help. (4)

- 6. Why is it important for Lerato to communicate her needs to others? (4)
- 7. Suggest two benefits Lerato could gain from balancing her responsibilities well. (4)

8-

SECTION D: ESSAY (30 marks)

Write an essay (250–300 words) on ONE of the following topics:

- 1. The importance of responsible citizenship in building a democratic society.
- 2. How developing good interpersonal skills can improve relationships at school and work. OR
- 3. The role of financial literacy in preparing young people for adulthood.

Your essay must have an introduction, body paragraphs with examples or explanations, and a conclusion.

END OF EXAM

TOTAL: 100 MARKS

MEMO



SECTION A: KEY CONCEPTS (20 marks)

(2 marks each — accept own words if meaning is correct)

1. Emotional abuse

o Causing harm through words or actions that affect someone's feelings or mental well-being.

2. Personal development plan

o A plan to improve skills, knowledge, or personal qualities over time.

3. Conflict resolution

Methods or processes used to resolve disagreements peacefully.

4. Social cohesion

o A society where people live in harmony and support each other.

5. Workplace ethics

o Principles or values that guide behavior at work, like honesty and respect.

6. Time management skills

o The ability to organize and plan how to divide time effectively.

7. Life skills

o Practical skills needed to manage everyday life challenges successfully.

8. Resilience

o The ability to recover quickly from difficulties or setbacks.

9. Gender equality

o Equal rights, responsibilities, and opportunities regardless of gender.

10. Financial literacy

o Understanding how to manage money, budgeting, saving, and spending wisely.

SECTION B: MULTIPLE CHOICE (10 marks)

(1 mark each)

- 1. B
- 2. B
- 3. B
- 4. B
- 5. A
- 6. B
- 7. B
- 8. B
- 9. B
- 10. B

SECTION C: SCENARIO-BASED QUESTIONS (30 marks)

- 1. **Two challenges Lerato faces:** (2 marks each)
 - Balancing schoolwork and family care responsibilities
 - Stress and tiredness from multiple roles
- 2. **Two time management strategies:** (2 marks each)
 - Creating a study schedule or timetable
 - Prioritizing tasks and setting goals
- 3. Two ways to manage stress: (3 marks each)
 - o Practicing relaxation techniques (e.g., deep breathing, meditation)
 - Seeking support from friends, family, or school counsellors
- 4. How situation affects mental health: (4 marks)
 - Increased stress and anxiety
 - o Possible feelings of being overwhelmed or burnt out
- 5. **Two support systems:** (2 marks each)
 - School counsellor or teacher
 - o Community or social support groups
- 6. **Importance of communicating needs:** (4 marks)
 - Helps others understand how to support her
 - Reduces feelings of isolation and stress
- 7. Two benefits of balancing responsibilities: (2 marks each)
 - Better academic performance
 - o Improved emotional well-being and stronger relationships

SECTION D: ESSAY (30 marks)

Criteria	Marks
Introduction (clear topic stated)	5
Development of main ideas (clarity, relevance)	10
Use of examples or explanations	8
Conclusion (summary and final thoughts)	5
Language and coherence	2

Notes:

- Accept well-structured essays addressing the chosen topic.
- Award marks for originality, understanding, and critical thinking.

End of Memo

TOTAL: 100

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