

# 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 LITERACY (20 marks)

Study the infographic below and answer the questions that follow:



1. List **three signs of stress** found in the infographic. (3)

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2. Which of the following is the most **common emotional symptom** of stress?

- A) Increased appetite
- B) Mood swings
- C) Skin rash
- D) Improved memory (1)

3. Suggest **two healthy strategies** a teenager can use to manage stress. (2)

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4. Why is it important to recognise stress early? (2)

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Now study the job advertisement below:



### JOB VACANCY: PART-TIME CASHIER WANTED

**Company:** QuickMart Convenience Store

**Location:** Central Mall, Cape Town

**Position:** Part-time Cashier

**Salary:** R35 per hour





#### Working Hours:

- Weekdays: 16:00 – 20:00
- Saturdays: 09:00 – 14:00
- Sundays off

#### REQUIREMENTS:

- ✓ Matric Certificate (Grade 12)
- ✓ Good communication and interpersonal skills
- ✓ Friendly and professional attitude
- ✓ Ability to work under pressure
- ✓ Honest and reliable

#### DUTIES INCLUDE:

-  Operating the till and handling cash
-  Assisting customers with purchases
-  Keeping the front area neat and organized
-  Communicating with team members and customers



**To apply, send your CV to:**

quickmartjobs@workmail.co.za



**Closing Date:** 30 June 2025

5. What **qualification** is required to apply for the job? (1)

6. List **two personal skills** the employer is looking for. (2)

7. What does “part-time” mean in the context of the advert? (1)

8. Give **one reason** why communication skills are important in this job. (2)

9. Choose the correct answer:  
A person with good time-management is someone who:  
A) Arrives late but works fast  
B) Completes tasks early and uses time wisely  
C) Spends time chatting during work  
D) Takes frequent breaks (1)
10. Which of the following is a **basic human right** according to the South African Constitution?  
A) The right to own a business  
B) The right to free Wi-Fi  
C) The right to education  
D) The right to drive a car (1)
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## SECTION B: SHORT ANSWER QUESTIONS (30 marks)

1. Define the term **self-awareness**. (2)

2. Explain the difference between **positive** and **negative peer pressure**. (4)

3. Provide **three examples** of values that are important in building healthy relationships. (3)

4. Give two **consequences of poor decision-making** in teenage life. (2)

5. Describe how **gender roles** are influenced by culture and media. (4)

6. What is the importance of **volunteering** in your community? (3)

7. Explain the term **entrepreneurship** and give one example of a small business a teenager could start. (3)

8. Describe two **ways in which HIV can be prevented**. (2)

9. What does it mean to show **empathy**? Give one example. (2)

10. Suggest one **way schools can promote respect for diversity**. (3)

## SECTION C: PARAGRAPH RESPONSE (10 marks)

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

"How I plan to make responsible choices about my health, relationships, and future career."

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

- MYST PATHWORKS
- IVII

**TOTAL : 80**

## MEMO

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

1. Any **three** signs from the infographic:
  - Headaches
  - Sleeping problems
  - Mood swings
  - Trouble concentrating
  - Fatigue (Any  $3 \times 1 = 3$ )
2. Correct answer: **B) Mood swings** (1)
3. Two healthy strategies to manage stress:
  - Exercise
  - Talking to someone
  - Deep breathing/meditation
  - Time management (Any  $2 \times 1 = 2$ )
4. Importance of early stress recognition:
  - Prevents mental health problems
  - Allows early intervention/coping (2)
5. Qualification required:
  - Matric certificate / Grade 12 (1)
6. Any **two personal skills** mentioned:
  - Communication
  - Honesty
  - Reliability (Any  $2 \times 1 = 2$ )
7. "Part-time" means:
  - Working fewer hours than full-time / Not a full working week (1)
8. Importance of communication skills:
  - Helps when dealing with customers
  - Reduces misunderstandings (Any relevant answer = 2)
9. Correct answer: **B) Completes tasks early and uses time wisely** (1)
10. Correct answer: **C) The right to education** (1)

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

### 1. Self-awareness:

- Knowing and understanding your own emotions, values, and behaviour. (2)

### 2. Positive peer pressure: Encourages good choices (e.g., studying).

**Negative peer pressure:** Leads to bad decisions (e.g., drug use). (4)

### 3. Values in healthy relationships:

- Respect
- Honesty
- Trust
- Empathy (Any 3  $\times$  1 = 3)

### 4. Two consequences of poor decision-making:

- Failing subjects
- Unplanned pregnancy
- Conflict with parents/teachers (Any 2  $\times$  1 = 2)

### 5. Gender roles and culture/media:

- Culture can define expected roles (e.g., women cooking)
- Media reinforces stereotypes (e.g., men as leaders) (4)

### 6. Importance of volunteering:

- Builds community
- Improves skills
- Makes a positive difference (Any 3 = 3)

### 7. Entrepreneurship:

- Starting your own business.  
Example: Selling handmade crafts, tutoring, etc. (3)

### 8. HIV prevention:

- Using condoms
- Not sharing needles
- Getting tested regularly (Any 2 = 2)

### 9. Empathy:



- Understanding and sharing someone else's feelings.  
Example: Comforting a friend who is sad. (2)

10. School promoting diversity:

- Hosting cultural days
- Anti-racism campaigns
- Teaching inclusive values (Any relevant = 3)

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### SECTION C: PARAGRAPH RESPONSE (10 marks)

Mark out of 10 based on:

- Relevance to topic (4)
- Coherence and logic (3)
- Grammar and structure (3)

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### SECTION D: ESSAY (20 marks)

Mark out of 20:

- Content and relevance (10)
- Structure: Intro, body, conclusion (5)
- Language use: Grammar, punctuation (5)

Accept any **well-structured, thoughtful** response to the chosen topic.

**TOTAL ; 80**