

SMARTWIZ

GRADE11 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 cheating will result in immediate disqualification from the exam.

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

QUESTION 1: EMOTIONAL INTELLIGENCE (25 marks)

1.1 Look at the emoji faces showing different emotions below:

1.1.1 Name four emotions shown in the image.



1.1.2 Why is it important to recognize and manage your emotions?

QUESTION 2: SOCIAL MEDIA AND PEER INFLUENCE (25 marks)

2.1.1 List two positive and two negative effects of social media on teenagers.

2.1.2 How can learners protect themselves from negative peer pressure online?

QUESTION 3: HEALTHY LIFESTYLE (25 marks)

3.1 Examine the infographic on daily physical activities:

3.1.1 Why is regular exercise important for physical and mental health?

3.1.2 Suggest three fun activities learners can do to stay active.

QUESTION 4: CAREER AND FUTURE PLANNING (25 marks)

4.1 Look at the image showing different professions:



4.1.1 Name four different careers shown in the image.

4.1.2 What factors should learners consider when choosing a career?

END OF EXAM

TOTAL : 100

MEMO

QUESTION 1: EMOTIONAL INTELLIGENCE (25 marks)

1.1.1 Four emotions shown in the emoji image:

- Happy
 - Sad
 - Angry
 - Surprised
- (Any four correct emotions)*
(4 marks)

1.1.2 Importance of recognizing and managing emotions:

- Helps make better decisions.
 - Improves relationships with others.
 - Reduces stress and prevents emotional outbursts.
 - Builds self-awareness and emotional control.
- (5 marks)*

QUESTION 2: SOCIAL MEDIA AND PEER INFLUENCE (25 marks)

2.1.1 Two positive effects of social media:

- Staying connected with friends and family.
 - Access to educational content and news.
- (2 marks)*

Two negative effects of social media:

- Cyberbullying and online harassment.
 - Peer pressure to conform or unhealthy comparison.
- (2 marks)*

2.1.2 How to protect yourself from negative peer pressure online:

- Don't share personal information with strangers.
 - Block or report harmful users.
 - Think before you post or respond.
 - Talk to a trusted adult if feeling pressured.
- (4 marks)*

QUESTION 3: HEALTHY LIFESTYLE (25 marks)

3.1.1 Importance of regular exercise:

- Improves physical fitness and strengthens the heart and muscles.
- Boosts mood and reduces anxiety or depression.
- Increases energy levels and improves sleep quality.

(5 marks)

3.1.2 Three fun activities to stay active:

- Playing sports (soccer, basketball, netball)
- Dancing or Zumba classes
- Swimming or cycling

(3 marks)

QUESTION 4: CAREER AND FUTURE PLANNING (25 marks)**4.1.1 Four careers shown in the image:**

- Doctor/Healthcare worker
- Businessperson
- Scientist/Researcher
- Teacher/Educator

(Any four valid careers)

(4 marks)

4.1.2 Factors to consider when choosing a career:

- Interests and passions
- Skills and talents
- Job availability and market demand
- Required education or training
- Work environment and salary expectations

(5 marks)

TOTAL: 100 MARKS