### **SMARTWIZ**

#### **GRADE 9 LIFE ORIENTATION EXAM**

MARKS: 80	MARKS	
TIME: 2 hours		
SCHOOL		_
CLASS (e.g. 4A)		
SURNAME		
NAME		_
MYST PATHW	ORK	S

#### 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.	Define the term <b>personality</b> .
(2)	
2.	Mention <b>three</b> factors that shape your personality. a) b) c)
3.	Describe how <b>positive self-talk</b> can improve a learner's confidence.
(3)	
	Identify and explain <b>two</b> unhealthy peer influences that learners may face.  a)
Exam <sub>l</sub> (3)	ble:
6. 7. 8. 9.	Suggest <b>three</b> ways learners can build healthy friendships.
(3)	
7.	What is the difference between <b>identity</b> and <b>self-concept</b> ?
(2)	

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

	1.	What does <b>wellness</b> mean in the context of a learner's life?
(2)		
	2.	Name <b>two</b> symptoms of anxiety in teenagers. a)
		b)
	3.	Suggest <b>two</b> ways schools can support learners' mental health.  a) b)
		(2)
	4.	Give <b>two</b> examples of risky behaviours and their potential consequences.
		a)
	5	$(\top)$
	5.	Explain the meaning of <b>healthy lifestyle</b> .
(2)		
	6.	List three benefits of participating in physical activity.
	7. 8.	
	8. 9.	
2)		
(3)		
	7.	What is the importance of <b>clean water</b> in schools and communities?
(2)		
	8.	Mention <b>three</b> ways to save electricity at home.
	9.	
	11.	

(3)

# SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)

1.	What is meant by the <b>Bill of Rights</b> in the South African Constitution?
(2)	
2.	Name <b>three</b> human rights that are protected by the Constitution.  a) b) c) (3)
3.	Explain how learners can promote equality and fairness in group work.
(3)	What is the role of the <b>government</b> in protecting human rights?
(2)	
5.	Read the scenario:
a) Wh	ner is constantly bullied because they are different. The school does nothing about it.  at rights are being violated? at should the school do to address the situation?
(3)	
6.	Explain the concept of <b>ubuntu</b> and how it applies in school communities.
(2)	
7. 8.	Mention <b>three</b> ways that learners can participate in democratic decision-making at school.

9. 10.				
(3)				
, ,	Define the to	erm <b>discriminat</b>	tion	
0.	Define the to	enn <b>uisci inima</b> t	don.	
(2)				
	SECTIO RKS)	ON D: CAR	REERS AND CAREER CHOICES (20	
1.	What is the	difference betwe	een a <b>job</b> and a <b>career</b> ?	
(2)				
2.	Name <b>two</b> re	easons why care	eer planning is important.	
	a)			
	(2)			
3.		ft skills? Give to		
	Examples:			
	a)			
	(3)			
4.	Complete th	e table by match	ning the job to the correct skill and subject:	
	Job	Skill	Subject	
Journ			Subject	
Softw	are developer			
5.	Explain how	technology is o	changing the job market.	
(3)				
6.			nities in the green economy.	
	, <del></del>			

	b)	
	(2)	
7.	List <b>four</b> actions you can take in high school to prepare for your future career.	
8.		
9.		
- •		
10.		
11.		

(4)

### **TOTAL: 80**



### **MEMO**

# SECTION A: DEVELOPMENT OF THE SELF IN SOCIETY (20 MARKS) 1.

• Personality: The combination of characteristics or qualities that form an individual's distinctive character. ✓✓

2.

- Family ✓
- Culture ✓
- Experiences ✓

3.

- Builds confidence ✓
- Encourages positive thinking ✓
- Reduces fear of failure ✓

4.

a) Smoking **✓** 

Explanation: Can damage health and lead to addiction  $\checkmark$ 

b) Skipping school ✓

Explanation: Leads to poor academic performance  $\checkmark$ 

5.

- Goal setting: Making plans for what you want to achieve  $\checkmark$
- Example: Studying for a test ✓

6.

- Choose trustworthy friends ✓
- Communicate openly ✓
- Be supportive ✓

7.

- Identity: Who you are ✓
- Self-concept: How you see yourself ✓

### \*\* SECTION B: HEALTH, SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

	(ARKS)
1.	
•	Wellness: A state of good physical, mental, and emotional health ✓✓
2.	
•	Nervousness ✓ Difficulty sleeping ✓
3.	
•	Provide counselling services ✓ Create awareness programs ✓
4.	
rin Jnp	king alcohol – Liver damage ✓✓ protected sex – Risk of STIs or pregnancy ✓✓
5.	
•	Living in a way that promotes physical and mental well-being ✓✓
6.	
•	Improves fitness ✓
•	Reduces stress ✓
•	Builds social skills ✓
7.	
•	Needed for drinking, cooking, and hygiene ✓✓
8.	
•	Turn off unused lights ✓
•	Use energy-efficient appliances ✓
•	Unplug devices ✓

### **SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)**

1.

Bill of Rights: A list of rights and freedoms guaranteed to all people in South Africa 🗸 🗸

2.

- Right to education ✓
- Right to equality ✓
- Right to dignity ✓

3.

- Include everyone in tasks ✓
- Listen to others' ideas ✓
- Avoid favouritism 

  ✓

4.

Enforces laws to protect people 🗸

5.

a) Right to safety / dignity / equality ✓

b) Take action against bullying and educate learners 🗸

6.

- Ubuntu: Humanity toward others ✓
- In school: Helping, respecting, and caring for others ✓

7.

- Vote in class elections ✓
- Join learner committees ✓
- Participate in discussions ✓

8.

Discrimination: Treating someone unfairly because of who they are  $\checkmark\checkmark$ 

**SECTION D: CAREERS AND CAREER CHOICES (20 MARKS)** 

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1.
       Job: Work done for pay ✓
       Career: Long-term occupation with growth ✓
   2.
       Helps set goals ✓
       Avoids confusion about the future ✓
   3.
       Soft skills: Personal traits that help in the workplace ✓
       Examples: Communication ✓, Teamwork ✓
   4.
| Journalist | Writing 🗸 | English 🗸 |
| Software developer | Problem-solving \checkmark | Mathematics \checkmark |
   5.
       New jobs are being created ✓
       Some jobs are disappearing ✓
       Digital skills are becoming more important ✓
   6.
       Solar panel installer ✓
       Environmental scientist ✓
   7.
       Research careers \
       Take the right subjects ✓
```

**TOTAL: 80** 

Job shadowing ✓
Speak to a mentor ✓