

# SMARTWIZ

## GRADE 7 LIFE ORIENTATION EXAM

**MARKS: 50**

MARKS	

**TIME: 1 hour 30 minutes**

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

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

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

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

### 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 3 pages, excluding the cover page.**

## SECTION A: PERSONAL SAFETY AND EMOTIONAL WELL-BEING (15 MARKS)

1. Look at the picture below and answer the questions:



1.1 Who should you speak to if you feel unsafe or scared?

---

---

1.2 What does the "Safe Space" sign mean?

---

---

2. Choose the correct answer: (5 x 1 = 5)

2.1 Which emotion might you feel if you lose something important?

a) Happiness b) Sadness c) Anger

2.2 What is the best way to calm down when feeling angry?

a) Yell loudly b) Take deep breaths c) Throw things

2.3 If someone is bullying you online, what should you do?

a) Ignore it and don't tell anyone b) Tell a trusted adult c) Respond with mean messages

2.4 Which of these is a sign of good mental health?

a) Feeling lonely all the time b) Being able to talk about feelings c) Avoiding friends

2.5 What is a healthy way to express feelings?

a) Writing in a journal b) Bottling them up c) Harming yourself

---

---

## SECTION B: CITIZENSHIP AND COMMUNITY (15 MARKS)

3. Study the community scene below and answer the questions:

3.1 List TWO activities shown in the picture that help the community.

- ---
- ---

3.2 Why is it important to help in your community?

---

---

3.3 Name TWO ways you can be a responsible citizen at school.

- ---
- ---

## SECTION C: DRUGS AND SUBSTANCE ABUSE (10 MARKS)

4. Answer the following questions:

4.1 List THREE reasons why young people might start using drugs or alcohol.

- ---
- ---
- ---

4.2 What is peer pressure? Explain how it can influence someone to take risks.

---

---

---

MYST PATHWORKS

4.3 List TWO ways to say NO to drugs or alcohol.

- ---
- ---

## SECTION D: GOAL SETTING AND TIME MANAGEMENT (10 MARKS)

5. Read the scenario and answer the questions:

*Lindi is struggling to finish her homework and prepare for a test because she spends a lot of time playing video games.*

5.1 Suggest TWO ways Lindi can manage her time better.

- ---
- ---

5.2 What is a SMART goal? Write one example of a SMART goal for Lindi.

---

---

---

**TOTAL: 50 MARKS**



## **MEMO**

### **SECTION A: PERSONAL SAFETY AND EMOTIONAL WELL-BEING (15 MARKS)**

#### **1. Visual Questions:**

1.1 Who should you speak to if you feel unsafe or scared?

- A trusted adult (parent, teacher, caregiver)  
(Accept any reasonable answer = 2 marks)

1.2 What does the "Safe Space" sign mean?

- A place where you can feel safe and protected
- A place where you can talk about your problems  
(Any relevant answer = 3 marks)

#### **2. Multiple-choice: (5 x 1 = 5)**

- 2.1 b) Sadness – 1 mark  
2.2 b) Take deep breaths – 1 mark  
2.3 b) Tell a trusted adult – 1 mark  
2.4 b) Being able to talk about feelings – 1 mark  
2.5 a) Writing in a journal – 1 mark

---

### **SECTION B: CITIZENSHIP AND COMMUNITY (15 MARKS)**

#### **3. Visual Questions:**

3.1 Two activities shown in the picture that help the community:

- Cleaning the park
- Planting trees
- Helping each other  
(Any two valid answers = 2 marks)

3.2 Why is it important to help in your community?

- To keep the community clean and safe
- To make the environment better for everyone
- To build good relationships  
(Any valid explanation = 4 marks)

3.3 Two ways to be a responsible citizen at school:

- Follow school rules
- Help keep the school clean
- Respect teachers and fellow learners  
(Any two = 3 marks)

---

## SECTION C: DRUGS AND SUBSTANCE ABUSE (10 MARKS)

### 4.1 Three reasons young people might start using drugs or alcohol:

- To fit in with friends/peer pressure
  - To escape problems or stress
  - Curiosity or wanting to try something new
- (3 valid reasons = 3 marks)**

### 4.2 Peer pressure explanation:

- Influence from friends or others to do something
  - Can make someone do things they don't want to do
  - Can lead to risky behaviour like using drugs or alcohol
- (Clear explanation = 4 marks)**

### 4.3 Two ways to say NO to drugs or alcohol:

- Politely refuse or say "No, thanks"
  - Walk away from the situation
  - Suggest another activity
- (Any two = 3 marks)**

---

## SECTION D: GOAL SETTING AND TIME MANAGEMENT (10 MARKS)

### 5.1 Two ways Lindi can manage her time better:

- Set a schedule for study and play
  - Prioritize homework before games
  - Take short breaks while studying
- (Any two valid suggestions = 2 marks)**

### 5.2 What is a SMART goal?

- A goal that is Specific, Measurable, Achievable, Realistic, and Time-bound
- (Definition = 2 marks)**

### Example of a SMART goal for Lindi:

- "I will complete my homework before dinner every day this week."
  - "I will study for 30 minutes every evening before playing video games."
- (Any relevant example = 3 marks)**
-

**TOTAL: 50 MARKS**

