

# SMARTWIZ

## GRADE 8 LIFE ORIENTATION EXAM

**MARKS: 40**

MARKS	

**TIME: 2 hours**

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

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

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

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

MYST PATHWORKS

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

## SECTION A: PERSONAL WELL-BEING (10 MARKS)

### Question 1



1.1 What is the learner doing to improve their mental health?

\_\_\_\_\_ (1)

1.2 Mention two benefits of meditation.

\_\_\_\_\_ (2)

1.3 Give one example of a positive self-care activity.

\_\_\_\_\_ (1)

1.4 True or False: Self-care is only about physical health.

Answer: \_\_\_\_\_ (1)

1.5 Write a short sentence explaining why it's important to take care of your mental health.

\_\_\_\_\_ (2)

1.6 Choose the correct answer:

A healthy mind helps you to...

A) Get sick more often

B) Cope with stress

C) Sleep less

Answer: \_\_\_\_\_ (1)

1.7 Name one activity you enjoy that helps you feel calm.

\_\_\_\_\_ (1)

## SECTION B: SOCIAL RESPONSIBILITY (10 MARKS)

### Question 2



2.1 What are the learners doing in the image?

\_\_\_\_\_ (1)

2.2 Why is it important to keep your school clean?

\_\_\_\_\_ (2)

2.3 Suggest one way learners can stop littering.

\_\_\_\_\_ (1)

2.4 Fill in the missing word:

*Working together shows* \_\_\_\_\_ (1)

2.5 Write a short sentence explaining how teamwork helps achieve goals.

\_\_\_\_\_ (2)

2.6 True or False: Only school cleaners are responsible for keeping the school neat.

Answer: \_\_\_\_\_ (1)

2.7 Choose the correct option:

A socially responsible learner...

A) Wastes water

B) Helps others

C) Avoids helping

Answer: \_\_\_\_\_ (1)

## SECTION C: RIGHTS AND RESPONSIBILITIES (10 MARKS)

### Question 3

"You have the right to learn and the responsibility to try your best."

3.1 What does the image say about learning?

\_\_\_\_\_ (1)

3.2 Give one responsibility that comes with the right to learn.

\_\_\_\_\_ (1)

3.3 Match the right with its responsibility:

- Right to safety → A) Follow school rules
- Right to privacy → B) Respect others' space
- Right to education → C) Do your work

(3)

3.4 Write a sentence explaining why it's important to follow rules in class.

\_\_\_\_\_ (2)

3.5 Choose the correct answer: Learners show responsibility when they...

- A) Copy homework
- B) Respect classmates
- C) Break rules

Answer: \_\_\_\_\_ (1)

3.6 True or False: Rights must be respected by everyone.

Answer: \_\_\_\_\_ (1)

## SECTION D: CAREER AWARENESS (10 MARKS)

### Question 4

A career board showing:

- Chef → Creative, loves cooking
- Police Officer → Brave, follows rules
- Teacher → Patient, good communicator

4.1 What personal quality should a teacher have?

\_\_\_\_\_ (1)

4.2 Name a career for someone who enjoys cooking.

\_\_\_\_\_ (1)

4.3 Match the career to the trait:

- Chef → A) Brave

- Police Officer → B) Creative
- Teacher → C) Patient

Answers: Chef → \_\_, Police Officer → \_\_, Teacher → \_\_ (3)

4.4 True or False: Everyone must become a doctor to be successful.

Answer: \_\_\_\_\_ (1)

4.5 Write two things you can do now to prepare for your future career.

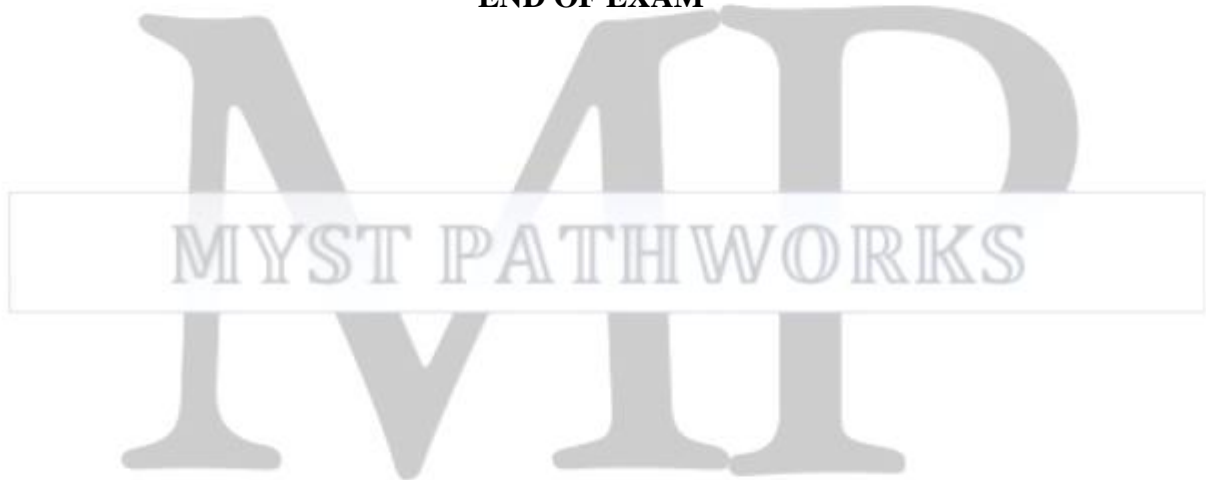
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\_\_\_\_\_ (4)

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**END OF EXAM**



**SECTION A: PERSONAL WELL-BEING (10 MARKS)****Question 1**

- 1.1 Practicing meditation / Relaxing mind (1)
  - 1.2 Helps reduce stress / Improves focus / Calms the mind (any 2) (2)
  - 1.3 Reading, exercise, talking to friends, or other positive self-care activity (1)
  - 1.4 False (1)
  - 1.5 Taking care of mental health helps you feel better and cope with problems. (2)
  - 1.6 B) Cope with stress (1)
  - 1.7 Any relevant calming activity (1)
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**SECTION B: SOCIAL RESPONSIBILITY (10 MARKS)****Question 2**

- 2.1 Cleaning the school / Picking up litter (1)
  - 2.2 Keeps environment safe and healthy / Prevents diseases / Makes school pleasant (any 2) (2)
  - 2.3 Use bins / Remind others not to litter (1)
  - 2.4 Cooperation / Teamwork (1)
  - 2.5 Teamwork helps finish tasks faster and creates good relationships. (2)
  - 2.6 False (1)
  - 2.7 B) Helps others (1)
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**SECTION C: RIGHTS AND RESPONSIBILITIES (10 MARKS)****Question 3**

- 3.1 Right to learn / Right to education (1)
  - 3.2 Try your best / Do your homework / Pay attention in class (1)
  - 3.3 1 → A, 2 → B, 3 → C (3)
  - 3.4 Rules keep class peaceful and help everyone learn. (2)
  - 3.5 B) Respect classmates (1)
  - 3.6 True (1)
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**SECTION D: CAREER AWARENESS (10 MARKS)****Question 4**

- 4.1 Patient (1)
  - 4.2 Chef (1)
  - 4.3 Chef → B, Police Officer → A, Teacher → C (3)
  - 4.4 False (1)
  - 4.5 Study hard / Explore careers / Talk to adults about jobs / Join clubs / Volunteer (any 2) (4)
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**TOTAL: 40 MARKS**

