

# SMARTWIZ

## GRADE11 LIFE ORIENTATION EXAM

**MARKS: 100**

| MARKS |  |
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**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: PERSONAL DEVELOPMENT (25 marks)**

1.1 Define **emotional intelligence** and explain why it is important in personal growth.

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1.2 List and explain **three strategies** a learner can use to manage stress effectively.

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1.3 Discuss the importance of **goal setting** for teenagers. Give two examples of SMART goals.

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**QUESTION 2: SOCIAL DEVELOPMENT (25 marks)**

2.1 What is **peer pressure**? Describe two positive and two negative effects of peer pressure.

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2.2 Explain the meaning of **diversity** and describe two benefits of living in a diverse society.

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2.3 How can learners promote **respect and tolerance** in their schools? Provide three examples.

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**QUESTION 3: HEALTH AND WELL-BEING (25 marks)**

3.1 Explain the term **substance abuse** and list three common substances abused by teenagers.

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3.2 Describe the consequences of **unsafe sexual behaviour** among teenagers.

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3.3 Discuss the importance of **mental health awareness** in schools.

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**QUESTION 4: CAREER CHOICES AND STUDY SKILLS (25 marks)**

4.1 What factors should a learner consider when choosing a career? Name at least four.

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4.2 Describe three different types of post-school education or training opportunities available to learners.

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4.3 Explain the importance of **time management** for academic success. Give two practical tips for managing time effectively.

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**END OF EXAM**

**TOTAL : 100**

## MEMO

### QUESTION 1: PERSONAL DEVELOPMENT (25 marks)

#### 1.1 Emotional intelligence

- The ability to understand and manage one's own emotions, as well as recognise and influence the emotions of others.
- Important because it helps improve relationships, decision-making, and coping with stress.  
(3 marks)

#### 1.2 Strategies to manage stress:

- Exercise regularly (1 mark)
- Practice relaxation techniques such as deep breathing or meditation (1 mark)
- Time management and prioritising tasks (1 mark)  
(3 marks)

#### 1.3 Importance of goal setting:

- Helps provide direction and focus (1 mark)
- Motivates and encourages commitment (1 mark)
- Examples of SMART goals:
  - "I will improve my mathematics grade from 60% to 75% by the end of the term." (1 mark)
  - "I will attend every Life Orientation class this semester." (1 mark)
 (5 marks)

### QUESTION 2: SOCIAL DEVELOPMENT (25 marks)

#### 2.1 Peer pressure

- Influence from friends or peers to behave in a certain way (1 mark).
- Positive effects: Encourages good behaviour; motivates to do well in school (2 marks)
- Negative effects: Can lead to risky behaviour like drug use; pressure to skip school (2 marks)  
(5 marks)

#### 2.2 Diversity

- The presence of different cultures, languages, races, and backgrounds in a society (1 mark)
- Benefits: Encourages learning and respect for others; promotes innovation and creativity (2 marks)  
(3 marks)

#### 2.3 Promote respect and tolerance:

- Encourage open communication and active listening (1 mark)
- Celebrate cultural events and traditions in school (1 mark)

- Resolve conflicts peacefully and fairly (1 mark)  
(3 marks)
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### **QUESTION 3: HEALTH AND WELL-BEING (25 marks)**

#### **3.1 Substance abuse**

- The harmful or hazardous use of substances like drugs or alcohol (1 mark)
- Common substances: alcohol, tobacco, marijuana/cannabis (3 marks)  
(4 marks)

#### **3.2 Consequences of unsafe sexual behaviour:**

- Risk of sexually transmitted infections (STIs) including HIV/AIDS (2 marks)
- Unplanned pregnancies (2 marks)
- Emotional and social consequences (1 mark)  
(5 marks)

#### **3.3 Mental health awareness:**

- Helps identify and support people with mental health issues (2 marks)
  - Reduces stigma and discrimination (1 mark)
  - Promotes wellbeing and healthy coping strategies (2 marks)  
(5 marks)
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### **QUESTION 4: CAREER CHOICES AND STUDY SKILLS (25 marks)**

#### **4.1 Factors to consider when choosing a career:**

- Interests and passions (1 mark)
- Skills and strengths (1 mark)
- Job market demand (1 mark)
- Education and training requirements (1 mark)  
(4 marks)

#### **4.2 Types of post-school education/training:**

- University (1 mark)
- Technical and Vocational Education and Training (TVET) colleges (1 mark)
- Apprenticeships or learnerships (1 mark)  
(3 marks)

#### **4.3 Importance of time management:**

- Helps avoid procrastination and reduces stress (1 mark)
  - Ensures all tasks and assignments are completed on time (1 mark)
  - Tips: Use a planner or calendar; break large tasks into smaller steps (2 marks)  
(4 marks)
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**TOTAL: 100 MARKS**

