

SMARTWIZ

GRADE 8 LIFE ORIENTATION EXAM

MARKS: 80

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: DEVELOPMENT OF THE SELF IN SOCIETY (20 MARKS)**Question 1**

1.1 Define *self-esteem*.

(2)

1.2 List **three** factors that can influence a teenager's self-esteem.

(3)

1.3 Write down one positive and one negative result of low self-esteem.

Positive: _____

Negative: _____

(2)

1.4 Explain how *peer pressure* can affect your decision-making.

(3)

1.5 Write a short paragraph (4–5 sentences) explaining how you would build your confidence when trying something new.

(5)

1.6 Choose the correct option:

Building a healthy self-image helps you to:

A) avoid people altogether

B) take responsibility and set goals

C) ignore your feelings

D) blame others for your problems

Answer: _____

(1)

1.7 True or False: “A growth mindset means believing your abilities can improve with effort.”

Answer: _____

(1)

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

Question 2

2.1 What is a *balanced lifestyle*?

(2)

2.2 Name two healthy ways to cope with stress.

(2)

2.3 Explain the difference between communicable and non-communicable diseases.

(4)

2.4 List any **three** effects of substance abuse on your body or mind.

(3)

2.5 Write a paragraph giving **three reasons** why personal hygiene is important in your daily life.

(5)

2.6 Identify the unhealthy behaviour in the scenario below and suggest one solution:

"Lebo never exercises, eats junk food daily, and sleeps only 4 hours per night."

Unhealthy behaviour: _____

Solution: _____

(2)

2.7 What does "environmental responsibility" mean? Give one example.

(2)

SECTION C: RIGHTS AND RESPONSIBILITIES (20 MARKS)

Question 3

3.1 What is the purpose of the South African Constitution?

(2)

3.2 List **two** responsibilities you have at school.

(2)

3.3 Complete the sentence:

Every right comes with a _____.

(1)

3.4 What does the right to *freedom of expression* mean?

(2)

3.5 Explain how you can respect others' rights at school. Give two ways.

(2)

3.6 Match the right with its correct description:

Right	Description
A. Right to education	1. Treated fairly and equally by the law
B. Right to equality	2. Speak and express opinions
C. Right to expression	3. Attend school and receive quality teaching

Write the correct number next to each letter:

A: ____ B: ____ C: ____

(3)

3.7 Write a short paragraph (4–5 sentences) explaining why it is important to obey rules in your community.

(5)

SECTION D: WORLD OF WORK (20 MARKS)

Question 4

4.1 What is a *career*?

(1)

4.2 Name three different career fields.

(3)

4.3 What is the difference between a *job* and a *career*?

(2)

4.4 Name two personal skills that can help you succeed in the workplace.

(2)

4.5 What role does education play in career choices?

(2)

4.6 Read the scenario and answer the question:

“Lerato wants to become a doctor. She enjoys science, helping people, and learning how the body works.”

List two subjects Lerato should focus on in high school:

(2)

4.7 Write a paragraph (4–5 sentences) about a career you are interested in and what makes it appealing to you.

(8)

END OF EXAM

MEMO

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

1.1 *Self-esteem:*

- How you feel about yourself or your self-worth (2)

1.2 Factors influencing self-esteem:

- Family relationships
 - Peer influence
 - School performance
- (Any 3 correct = 3)

1.3

- Positive: Motivated, confident (1)
- Negative: Withdrawn, anxious, self-doubt (1)

1.4 *Peer pressure:*

- Can influence you to make choices you may not agree with (e.g., skipping school, using substances, etc.) (3)

1.5 Short paragraph includes 2–3 methods such as:

- Positive self-talk
 - Setting small goals
 - Preparing in advance
 - Support from family/friends
- (Clear paragraph = 5)

1.6 Correct answer: B) take responsibility and set goals (1)

1.7 True ☒ (1)

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

2.1 *Balanced lifestyle:*

- Living a life that includes physical health, emotional well-being, proper sleep, exercise, and a healthy diet (2)

2.2 Healthy ways to cope with stress:

- Exercise, talking to someone, time management, journaling (Any 2 = 2)

2.3 Difference:

- Communicable: can be spread (e.g., flu, COVID-19)
- Non-communicable: not spreadable (e.g., diabetes, cancer)
(4 marks for complete explanation)

2.4 Effects of substance abuse:

- Addiction, poor memory, mood swings, organ damage (Any 3 = 3)

2.5 Importance of hygiene:

- Prevents illness, improves self-esteem, respectful to others (Coherent paragraph = 5)

2.6

- Unhealthy behaviour: Poor diet, no exercise, insufficient sleep (1)
- Solution: Eat healthy meals, exercise regularly, sleep 7–9 hours (1)

2.7

- Environmental responsibility means caring for and protecting the environment (1)
- Example: Recycling, saving water, planting trees (1)

SECTION C: RIGHTS AND RESPONSIBILITIES (20 MARKS)

3.1 Purpose of the Constitution:

- Protects rights and freedoms of citizens; foundation of law (2)

3.2 Responsibilities at school:

- Doing homework, respecting teachers, following rules (Any 2 = 2)

3.3 *Every right comes with a responsibility.* (1)

3.4 *Freedom of expression:*

- You can share opinions, speak freely, within legal limits (2)

3.5 Ways to respect others' rights:

- Listen without interrupting, do not bully, share space equally (Any 2 = 2)

3.6 Matching:

- A: 3
 - B: 1
 - C: 2
- (1 mark each = 3)

3.7 Paragraph should include ideas such as:

- Rules maintain order
 - Keep people safe
 - Show respect for others
- (Clear paragraph = 5)

SECTION D: WORLD OF WORK (20 MARKS)

4.1 Career:

- A long-term profession chosen based on interest and training (1)

4.2 Career fields:

- Medicine, engineering, arts, teaching, technology, law (Any 3 = 3)

4.3 Job: Short-term work for money

Career: Long-term pursuit of a profession (2)

4.4 Skills:

- Communication, teamwork, time management, problem-solving (Any 2 = 2)

4.5 Education helps by:

- Preparing you for a career, gaining skills and qualifications (2)

4.6 Subjects:

- Life Sciences, Physical Sciences, Mathematics (Any 2 = 2)

4.7 Paragraph about career:

- Career named and explained
 - Reason it's appealing (interest, pay, helping people, etc.)
- (Well-structured paragraph = 8)

✓ TOTAL: 80 MARKS

